

Isolation Guide For People Who Have COVID-19

If you have [symptoms of COVID-19](#), you should be tested so you can know if you actually have COVID-19.

If you test positive for COVID-19, please follow these instructions.

1 Stay home

Self-Isolation: You must stay at your home and avoid other people, including those you live with. You may not go out in public places - not even to the grocery store or to run errands. You may not visit with other people outside of your home, and you may not invite others into your house to visit.

If you have symptoms of COVID-19 with your positive test, you must stay at home until:

- At least 10 days have passed since your symptoms first started

AND

- At least 24 hours have passed since you had a fever (without using fever-reducing medications like acetaminophen or ibuprofen), **and** your symptoms are improving

If you do NOT have symptoms but have a positive COVID-19 test, you must stay at home until:

- At least 10 days have passed since the date of collection of your positive COVID-19 test, assuming you don't develop symptoms. If you develop symptoms then follow the instructions above.

2 Tell your close contacts

Household Contacts: Tell the people you live with about your COVID-19 infection. They need to [self-quarantine](#) for at least 10 days starting the day after their last exposure to you while you were able to infect them, which is usually for ten days after the start of your symptoms (or 10 days from your positive test date if you don't have symptoms). If you don't stay separate from other people in your household while in isolation, then they may need to self-quarantine for longer than 10 days. You should also clean your home and follow CDC [recommendations](#) to protect others.

Other Close Contacts: We encourage you to tell other people about your COVID-19 infection if you were in close contact with them at any point during the two days before you developed COVID-19 symptoms (or two days before you tested positive, if you don't have symptoms) through your last day of isolation. "Close contact" means you were closer than 6 feet to the person for more than ten total minutes while you had COVID-19. These people should also [self-quarantine](#) for at least 10 days following their last exposure to you.

Any person who is identified as a close contact is at risk for COVID-19 and should be provided the public health [Quarantine Guide](#), which has further instructions about how long a person who is exposed to COVID-19 needs to stay home and other steps they should take to protect their families and communities.

If you have questions about talking to your close contacts or if you think you may have become ill as part of a potential outbreak, please call the NH Department of Health and Human Services at 603-271-4496.

3 Take care of yourself

Support While in Isolation: Reach out to your healthcare provider or seek emergency care if you have any worsening of [symptoms](#). Isolation can be lonely. Connect with others through phone, video chat, text, and email. Seek help from others to safely provide you and your household food and supplies you need while in isolation. If you need support to maintain isolation, call 211 (TTY: 603-634-3388).

If you have a medical emergency, call 911. Tell them that you have COVID-19.

Please review these resources to help keep your home clean and protect others:

- [Using masks to help slow the spread of COVID-19](#)
- [What to do if you are sick](#) and [Caring for yourself at home](#)
- [Cleaning and disinfecting your home](#)
- [Coping with stress](#)